

SPECIAL
POINTS OF
INTEREST:

- Recruiting
- DI v. DII v. DIII
- Registering With NCAA & NAIA
- What Scouts Are Looking For
- Questions To Ask
- Going Pro: Estimated Probabilities

PLEASE
NOTE:

- Information contained in this Handbook was retrieved from ncaa.org, naia.org, and various presentations at general college advising conferences. You should ALWAYS check the websites for the most current, up-to-date information.

Student-Athlete Handbook

What You Should Know About Recruiting

When a high school athlete daydreams about playing sports at college, does he see himself sitting humbly on the bench waiting for the coach to put him in? Probably not. Instead s/he sees her/himself acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, these are the same fantasies that thousands of other young men and women have: that college will be the springboard to fortune and the big leagues.

Facts:

- Only two out of every 100 college basketball players make it to the pros.
- The professionals for any major sport are usually drawn from big institutions, which are treasure troves of first-rate athletes playing on outstanding teams.
- The average pro football career lasts only three years.

The college-bound athlete must think ahead. Careers in sports can end abruptly. Practice sched-

ules are hard on grades; college athletes may have problems with eligibility; sometimes starting spots evaporate after only one year; and some players spend



The college-bound athlete must think ahead.

more than four years trying to graduate and eventually their eligibility expires.

Keep priorities in order: college first, sports second. Especially when talking to recruiters. Avoid situations that might leave you without a degree or even a team to play on.

To start, learn all you can about the rules governing recruitment before contacting college coaches, players, or alumni. Depending on which level of competition you're considering, your relationship with a recruiter

must abide by rules established by the NCAA, NAIA, and the NJCAA. Violating any of the regulations might result in you being barred from competition or having the college itself placed on probation.

An excellent book to have on hand, one that deals not only with recruitment but also with pressures and choices collegiate players face, is *The Athlete's Game Plan for College and Career* by Stephen and Howard Figler (Peterson's Guide). Or you can contact the different associations directly for more information:

NCAA
www.ncaa.org

NAIA
www.ncaa.org

NJCAA
www.njcaa.org

Source: 2003. *The Student-Athlete*.
Lewis University, NACAC Presentation.



How To Register With NCAA

Register online at www.ncaaclearinghouse.net at the end of your junior year. In order for your transcript to be sent to the NCAA Clearinghouse, you must print out and bring in the Student Release Form, along with \$1.00 to the counseling office. Students must also request their transcripts from their Family Connection Page. Select the “request transcripts for scholarships or athletics” option. (Our school code is 394120)

Transfer students must also request that transcripts are sent to the NCAA Clearinghouse from each of the previous schools you attended. Therefore, you will also need to send the previous high school a copy of the Student Release Form.

When taking the SAT/ACT/ SAT Subject tests, make sure to send your scores to the NCAA Clearinghouse by marking “9999” in the appropriate sections of the SAT and

ACT. You must take a national ACT or SAT to fulfill the test requirement of the NCAA Clearinghouse.

For Information On Your Clearinghouse Status

For questions about whether your materials were received, or about when you will be cleared, call the automated system at 877-861-3003 or 319-339-3003. You will need your PIN and Social Security number.

Under NCAA rules, your admission is governed by the entrance requirement of each college or university.

What's The Difference: I, II, or III?

DIVISION I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Div. I schools must play 100% of the minimum number of contests against Div. I opponents --

anything over the minimum number of games has to be 50% Div. I. Men's and women's basketball teams have to play all but two games against Div. I teams, for men, they must play 1/3 of all their contests in the home arena. Schools that have football are classified as Div. I-A or I-AA. I-A football schools are usually

fairly elaborate programs.

Div. I-A teams have to meet minimum attendance requirements (17,000 people in attendance per home game, OR 20,000 average of all football games in the last four years or, 30,000 permanent seats in their stadium and average 17,000 per home game or 20,000 average of all football games in the last four years OR, be in a member conference in which at least six conference members sponsor football or more than half of football schools meet attendance criterion.

Div. I-AA teams do not need to meet minimum attendance requirements. Div. I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Div. I school cannot exceed.

DIVISION II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each

gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50% of their games against Div. II or I-A or I-AA opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Div. II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic



Continued on page 3

I, II, or III, cont.



From page 2

departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

DIVISION III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants

rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

Source: www.ncaa.org

Walk-On Student Athletes

A high school athlete who has not received a scholarship but wants to play a sport in college may be given the opportunity to “walk on” at one or more schools. “Walking on” means that he or she becomes a non-scholarship member of the team, is allowed to try to earn a position on the team, and is given the opportunity to earn a scholarship at some time in the future. Walking on can be an excellent opportunity for a good athlete who is serious about his or her sport, but it requires careful planning with your counselor and your coach. If you are interested in walking on, follow this advice:

With your counselor:

Be sure you satisfy the eligibility requirements of the NCAA. Walk-on athletes are subject to the same rules and regulations as scholarship athletes.

Do all the preliminary planning needed to identify a possible career. You may not settle on one, but look into it anyway.

The experience is helpful.

Find the colleges that provide programs in your area of interest. Develop a list of them. If you are undecided, identify schools that provide a broad range of programs.

Discuss the list with your counselor and parents.

Select your top three or four schools from the list.

With your high school coach:

Discuss your ability to participate on the college level. Be open-minded during this meeting.

Remember that your coach has only your best interests in mind.

Identify any additional schools at which you may have the chance to play. Be sure they, too, satisfy your career and educational goals.

Contact the school(s) to secure the college coach's permission to “walk on.”





*“What is your
recruiter’s
relationship to the
school?”
Assurances carry
different weight
depending on who
they come from....*

Questions to Ask Your Recruiter

- ✦ What is the recruiter’s relationship to the school? Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Assurances carry different weight depending on who they come from.)
- ✦ Keep your education foremost in your mind by asking about academic programs that interest you. A good recruiter is as informed about programs as an admissions person is. Fire away with specific questions about majors and courses in your field.
- ✦ At what level does your sport compete? NCAA Division I schools offer athletic scholarships; most Division II schools offer scholarships; no Division III schools offer scholarships.
- ✦ Ask for details about athletic scholarships—any strings? Typically, athletic scholarships (or grants, as they are sometimes called) are for one year, renewable at the coach’s discretion. If you get benched, do you start paying your own way from then on?
- ✦ How many athletes were kept on scholarship after their eligibility had expired? What is the college’s graduation rate for athletes? Because of heavy demands on their time, some college athletes take five years to graduate. By their final year, they are usually ineligible to play.
- ✦ Is tutoring or counseling available? Beware of remarks like, “Don’t worry. We haven’t lost a player yet because of academics,” which could imply that your education will be allowed to suffer before your value to the team will.
- ✦ What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- ✦ Ask the coach what he expects of his players: time commitment, behavior, appearance, etc., and decide whether you can work with her or him.
- ✦ What is expected of players during the off-season?
- ✦ Has drug use been an issue at your school or in your athletic program?
- ✦ Most importantly, ask yourself if the school would be right for you even if you weren’t competing in athletics.

Questions to ask other players at the school.....

- ✦ What does your typical daily schedule look like? In-season? Off-season?
- ✦ How rigorous is your travel schedule?
- ✦ Approximately how many hours a night do you study?
- ✦ How do you like the living arrangements?
- ✦ What assistance is available if you have academic problems?
- ✦ Were changes made to any promises once you committed/enrolled? Is the program what you expected based on your recruiting experience?

Checklist for Athletes Making Initial Contact with Coaches

STEP 1 Research the colleges that fit your academic and athletic needs. College reference books and search engines on the Internet can assist you. Establish a tentative list of colleges that you'd like to contact. Make sure you are academically eligible for admission to each school on the list. Also make sure that your grades, ACT/SAT scores, and class rank will allow you to be eligible athletically, as well. Your high school counselor or the worksheet in this booklet can help you if you are not sure.

STEP 2 Show your list to your coach and ask for feedback on how realistic your chances would be for each school. Ask if he/she would be willing to make/receive contacts on your behalf. If the answer is yes, provide your coach with the following information:

- A list of the colleges you plan to contact with each college's coach, phone number, e-mail address, and mailing address

- Copies of the documents you're sending to each college

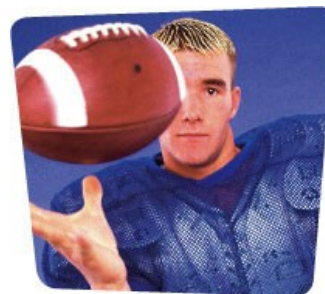
- A copy of your current high school transcript and resume

Optional:

- A copy of your college/career goal statement

- Copies of your letters of recommendation from other adults

These documents will allow your high school coach to advocate for you knowledgeably. It is important to have his/her support.



STEP 3 Send an introduction letter—either from yourself or your coach—and your athletic resume to each college coach. (The samples that follow are designed to serve as guides. You will need to provide statistics that are appropriate to your sport.) Spring of junior year or fall of senior year can be good times to send these. You can also send a skills tape and game tape with this initial information, or you can offer to send them “upon request.”

STEP 4 Make sure to take the ACT and/or SAT in the spring of your junior year. Most college coaches will insist on knowing your scores before considering you.

STEP 5 If you are pursuing NCAA Division I or II programs, file a completed NCAA Clearinghouse release form at the end of your junior year or beginning of senior year. You can find the release form at www.ncaaclearinghouse.net.

STEP 6 Colleges will often respond by asking you or your coach to complete an athletic questionnaire. If you receive a questionnaire from a random school, take the time to fill it out! You never know when an unexpected opportunity might come your way.

STEP 7 Keep in mind that summer sports camps and tournaments provide excellent opportunities for networking with college coaches. Just be sure that you are familiar with the rules that regulate such contact. Your coaches or counselors can provide information booklets from the various athletic associations to assist you. Not knowing the rules will not be an excuse for a recruiting violation.

Sample Letter to a College Coach



Date

Coach's Name

College/University

Address

City, State, Zip

Dear Coach So & So:

I would like to introduce myself. I am currently a senior at Quakertown Senior High School. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year.

My coach's name is Mary Jones. Her contact information is included on the attached information page. She has indicated to me that she would welcome your calls. E-mail is a reliable way to reach her as well.

I rank 78 in my class of 504 students. My cumulative GPA is a 3.7 on a 4.0 scale. My ACT composite was a 24. I intend to retake it in October. I am interested in pursuing a four-year degree in biology. I also hope to continue playing volleyball on the college level. Your program especially interests me. I have followed your team's season in the *Philadelphia Enquirer* and have attended two games.

I have included a skills tape and a game tape. My jersey number is #1 in the light-colored uniforms. Also included is a schedule of our 2008-09 volleyball season. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

Athlete's Name

Questions to ask Admissions Officers



- ✦ What are the different graduation rates for athletes? In your sport?
- ✦ How long does it take someone in your sport to earn a degree from this school?
- ✦ What is the placement rate and average starting salary for graduates in your field of study?
- ✦ What financial aid is available?

A Sample Student-Athlete Resume

AMY ATHLETE

Volleyball Information

1225 Any Street Any Town, Any State 81234
 Telephone: (500) 111-1111 or (500) 222-2222
 Aathlete@aol.com

Coach: Mary Jones
 1010 Training Avenue
 Any Town, Any State 81234
 Telephone: (500) 111-1212
 E-mail: mjones@park1.k12.co.us

High School: Quakertown Senior High School
 600 Park Ave.
 Quakertown, Pa 18951
 (215) 529-2060 (Athletics Office)

Volleyball Division: Class 4A (Highest level within the State)

Position: Setter

Jersey: #1 Dark/#10 Light

Offense Used: 5-1 Offense

Years Starting Varsity: 3 years

Awards/Honors: Best Setter (2007, 2008, 2009)
 Most Valuable Player (2008)
 All Conference (2007, 2008)
 All State (2007)
 North All Star Team (2009)

Experience: AAU Volleyball (2007, 2008)
 Coed Power Outdoor & Indoor Tournaments (2008-09)
 Aspen Volleyball Camp (2007, 2008)
 Any University Summer Camp (2008)

Height: 5'8"
Weight: 145 lbs.
Vertical: 23"
GPA & Rank: 3.74 on 4.0 scale
 78 of 799 (top 10%)
Graduation Date: May 2009



Student-Athlete's High School Plan

FRESHMAN YEAR

- Talk to your counselor about NCAA core class requirements
- Keep your grades high and work on your study habits
- Get to know all the coaches in your sport
- Attend sports camps
- Realistically analyze your ability
- Start thinking about academic and career goals

SOPHOMORE YEAR

- Keep up your grades
- Take the PLAN and/or PSAT test
- Talk to your coaches about your ability and ambitions
- Make preliminary inquiries to colleges (a brief letter to the college coach might be appropriate)

JUNIOR YEAR

- Talk with your counselor about career goals and, again, about the NCAA core course requirements
- Talk with your coach about a realistic assessment of which college level you can play
- Take the PSAT, ACT, and/or SAT
- Refine your list of possible college choices. Know their admission requirements
- Create a sports resume
- Write letters to college coaches expressing your interest
- Obtain letters of recommendation from teachers
- Apply for eligibility to the NCAA Clearinghouse at the end of junior year
- Attend sports camps in the summer, if appropriate

SENIOR YEAR

- Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements
- Attend college fairs and financial aid workshops
- Retake the ACT and/or SAT, if appropriate
- Refine your college list and apply for admission
- Be aware of recruiting rules regarding campus visits
- Complete Free Application for Federal Student Aid (FAFSA) after January 1
- Sit down with your parents and coach to list the pros and cons of each school you are considering
- Be sure of your final choice before signing any papers
- Let coaches know when their school is no longer in the running. Thank them!
- Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!

NCAA Index

Core GPA SAT ACT

3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Core Units Required for NCAA

Course Work	Division I	Division II
English Core	4 years	3 years
Mathematics Core (Algebra I or higher)	3 years	2 years
Science Core (including at least 1 year of lab science)	2 years	2 years
Social Science Core	2 years	2 years
Additional English, math, or science	1 year	2 years
Additional Core		
(from any area above or foreign language, non-doctrinal religion/philosophy, computer science*)	4 years	3 years
TOTAL CORE UNITS REQUIRED	16	14

To Be NCAA Certified You Must:

★ **Graduate from high school.**

You should apply for certification after your junior year in high school if you are sure you wish to participate in intercollegiate athletics as a freshman at a Division I or II institution. The Clearinghouse will issue a preliminary certification report after you have had all your materials submitted. After you graduate, if your eligibility status is requested by a member institution, the Clearinghouse will review your final transcript to make a final certification decision according to NCAA standards.

★ **Complete the 14 or 16 core courses listed above.**

★ **Present a minimum required grade point average in your core courses.** (For a list of Quakertown High School's approved courses, please go to www.naaclearinghouse.net and type in Quakertown school code 394-120)

★ **Achieve a combined SAT or ACT sum score that matches your core-course grade point average in the index listed to the left.**

QCSD Guidance Office

Quakertown SHS Guidance Office
600 Park Avenue
Quakertown, PA
Phone: 215-529-2068
Fax: 215-529-2074

Remember, all of the information in the handbook has been compiled from multiple sources and is just a guide. It is not meant to guarantee an athletic scholarship or admission to college. It is your responsibility to work with your coaches, research your schools, and refer to the NCAA and NAIA websites in order to confirm your eligibility.



What Scouts are Looking For.....

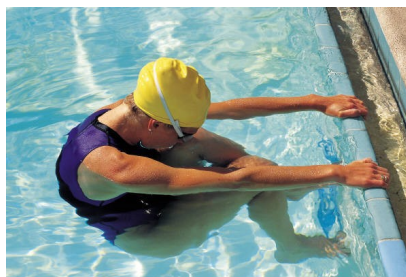
By: Joe Butler and Frank DuBois

What do college coaches and scouts look for in a high school prospect? Following are the major categories (in no particular order):

- ✦ **Size**— Everybody loves size in sports. It doesn't make any difference if it is basketball or tennis; size counts. Big people will be more heavily recruited even though they may be weaker or have fewer skills than a smaller player. Why? College coaches hope big players can develop skills during their college careers. So, if you don't have a big physical build, you will have to work a little harder than the big guys.
- ✦ **Athletic-type Players**— Speed, quickness, jumping ability, and strength have really become prominent in sports today; much more so than in sports 20 years ago.
- ✦ **Attitude**— At the college level, coaches cannot justify recruiting players that have poor attitudes. The athletic program at every col-

lege and university reflects directly on the school itself. If a coach is watching you play while you are in high school, they want to see how composed you are when things go wrong. Everyone can be a good sport when they are winning, but how do you behave when you are losing?

- ✦ **Intelligence**— Players that make intelligent decisions on the court or field will come out ahead the majority of the time. Coaches are looking for high school players who can "out-



think" their opponents. What kind of decisions do you make under pressure?

- ✦ **Intensity**— "You will play at

the same level you practice."

College coaches are looking for the player who works hard whether they are in practice, the weight room, or in a game.

- ✦ **Fundamentals and Hard Work**— It comes down to how much you want it. Being an athlete at the collegiate level requires discipline, dedication, and sacrifice. Players who work hard, are fundamentally sound, and strive to become complete players have a better chance of playing in college.

Joe Butler has been a professional scout for many years. His vast knowledge of players, coaches, and sports enables him to have an objective perspective of the attributes college coaches are looking for in a player.

Frank DuBois has been working with elite student-athlete for more than 25 years. His unique role has been working with the academic and leadership side of the student-athlete.

"College coaches are looking for high school players who make great decisions under pressure."